

Montana Law Enforcement Academy LEO Basic Course Medical Waiver

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|-------------------------|--|
| Applicant's Name: | Date of Birth: |
| Social Security Number: | <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; padding: 5px;">Age:</div> <div style="width: 45%; padding: 5px;">Gender:</div> </div> |

This certifies that I have read the physical fitness skills testing criteria described on page 2 and I am not aware of any physical or medical reasons that would prohibit me from participating in these physical fitness skills tests. I am comfortable that I can take part in this strenuous physical fitness skills testing without causing myself injury.

I have discussed my participation in the physical fitness skills testing with my physician and have advised him/her of any and all physical or medical conditions that I may know of that may prevent me from participating in the physical fitness skills testing, or may cause me injury or illness if I participate.

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|------------------------|--------------------|
| Applicant's Signature: | Date of Signature: |
|------------------------|--------------------|

This certifies that the above-named person, _____, hereinafter referred to as the applicant, is capable of strenuous physical exercise and is physically capable of attempting and participating in the physical fitness skills testing, detailed in the accompanying documentation, as indicated based upon the applicant's age and gender.

I have asked and been advised by the applicant that there is no known physical and/or medical condition that may cause undue injury and illness from the applicant's participation in this physical fitness skills testing described on page 2.

I am placing the following limitations on the applicant's participation. *Must check one of the following:*

- ☐ None
☐ As follows, including allergies and current prescription medicines:

| | |
|---------------------------|-------------------|
| Physician's Printed Name: | Telephone Number: |
| Address: | City, State, Zip: |
| Signature: | |

| | | | | |
|--|---|--|------|------|
| Montana Law Enforcement Academy Use Only | ENTRY LEVEL TEST DATE & SITE | | | |
| | TEST PROCTOR | | | |
| | PUSH-UPS | | | |
| | SIT-UPS | | | |
| | SIT & REACH | | | |
| | 1.5 MILE RUN | | | |
| | | | PASS | FAIL |
| | | | | |

!!!! NOTICE !!!!

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THIS FORM MUST BE COMPLETED IN FULL AND PRESENTED AT THE TIME OF TESTING. FAILURE TO PRESENT THIS FORM AT THE DESIGNATED DATE, TIME AND SITE WILL DISQUALIFY YOU FROM PARTICIPATING.

Applicants must present the Medical Release Waiver form at the examination site. If the Medical Release Waiver is not complete or the applicant does not have the form at the time of the examination, the applicant will not be permitted to participate.

The Physical Fitness examination consists of the following series of tests:

Sit-Up Test

Student officers start by lying prone on their backs, knees bent at a 90-degree angle, heels flat on the floor, hands cupped behind the head and fingers interlaced until the little fingers at least touch each other. In the up position, student officers must touch their elbows to their knees and then return to the prone position until the shoulder blades touch the floor. They may not raise their hips off the floor to gain momentum to perform the sit-up. The score consists of the total number of complete sit-ups done in one minute.

Push-Up Test

Student officers start in the prone position, with the palms of the hands directly in line with the outer edge of the shoulders, thumbs under the shoulders and arms extended. The feet may be either together or no more than eight inches apart, with toes touching the floor. The back and legs are rigid and in line from heels to shoulder blades to head. Student officers start in the up position and lower their body toward the floor with the back straight and rigid until the chest touches the three inch push-up block, and then push back up to the start position. The score consists of the total number of complete push-ups done in one minute.

Modified Push-Up Test *(optional only for females)*

The student officer starts with her knees on the floor and ankles crossed, toes on the floor, with the palms of the hands directly under the shoulders and arms extended. The shoulders, hips and knees are in line. The student officer starts in the up position and lowers her body toward the floor, with the back straight and rigid until the chest touches the push-up block, and then pushes back up to the start position. The score consists of the total number of complete modified push-ups done in one minute.

Sit and Reach

The individual sits on the floor with legs extended, feet placed squarely against a box and no more than eight inches apart. A yardstick is placed between the legs and rests on the box with the 15-inch mark flush with the edge of the box. The subject slowly reaches forward with both hands laid a top of one another, with minimal bending of the knees and holds the position for one second. A tube or rolled towel no more than two inches in diameter can be placed directly under the knees. The score is the distance reached on the yardstick in the best of three attempts, with 15 inches being at the toes.

1.5-Mile Run

Individuals run the prescribed 1.5-mile course in the fastest time possible. The score is determined by the time taken to complete the course.